



SECTION ONE Standard House Diets

Diet manual

Modified Electrolytes

High Potassium (128-179 mEq/5000-7000 mg) Diet

General Description

The high potassium diet is planned to provide a regular diet with increased amounts of foods that are excellent sources of potassium. The normal daily intake of potassium varies from 50 mEq (2000 mg) to 150 mEq (5850 mg) and is usually less than 100 mEq (3900 mg)¹. Small, frequent feedings may be necessary to effectively increase the intake of potassium.

Indications for Use

Increased potassium intake may be indicated during prolonged intravenous feedings, diabetic acidosis, diuretic phase of acute tubular necrosis, hypokalemia secondary to chronic diuretic therapy, and following severe vomiting and diarrhea.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate with the same exceptions as for the regular diet.

Guidelines

The following listings of “Foods Sources of Potassium” are to be used in meal planning.

Food Sources of Potassium

Low in Calories*	Low in Sodium**	Food	Processing, Preparation	Measure
5-10 mEq (200-400 mg) Potassium/Serving				
<i>Fruits</i>				
✓	✓	Apple Juice	Canned or fresh, unsweetened	1 cup
	✓	Apricots	Fresh	2 medium
	✓	Apricots	Canned, unsweetened	1/2 cup
	✓	Apricots	Dried	4 halves
	✓	Banana	1 small	

High Potassium Diet

✓	✓	Blackberries	Fresh or frozen	1 cup
	✓	Grape Juice	Canned or fresh, unsweetened	1 cup
✓	✓	Orange Juice	Fresh or frozen, unsweetened	1/2 cup
	✓	Orange, Tangerine, Mandarin, or Orange	Fresh	1 med
	✓	Pineapple Juice	Canned or frozen, unsweetened	1 cup
	✓	Prune Juice	Unsweetened, canned	1/2 cup
	✓	Prunes	Dried	8
✓	✓	Raspberries	Fresh or frozen	1 cup
✓	✓	Strawberries	Fresh or frozen	1 cup

Meat

Meat	Cooked	3 oz. (90gm)
Shrimp	Fresh or cooked (105 gm)	3 1/2 oz.
Tuna	Fresh or canned	3/4 cup

Milk

Skim, Low fat, or Whole	1 cup
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Vegetables

✓	✓	Asparagus	Fresh or frozen	1/2 cup
	✓	Beans, Lima	Fresh or frozen, cooked	1/2 cup
✓	✓	Beets	Fresh, cooked	1/2 cup
✓	✓	Broccoli	Fresh or frozen, cooked	1/2 cup

High Potassium Diet

✓	✓	Brussel Sprouts	Fresh or frozen	1/2 cup
✓	✓	Cabbage	Raw	1 cup
✓	✓	Carrots	Fresh, raw, or cooked	1/2 cup
✓		Celery	Raw	1 cup
✓		Chard Swiss	Fresh or cooked	1/2 cup
✓	✓	Cress	Cooked	1/2 cup
✓	✓	Dandelion Greens	Cooked	1/2 cup
✓	✓	Eggplant	Baked	1/2 cup
✓	✓	Kale	Fresh or cooked	1/2 cup
✓	✓	Leeks	Raw	3/4 cup
✓	✓	Mushrooms	Fresh or cooked	1/2 cup
	✓	Parsnips	Cooked	1/2 cup
	✓	Peas	Dried, cooked	1/2 cup
✓	✓	Pumpkin	Fresh	1/2 cup
✓	✓	Rutabagas	Raw	3/4 cup
✓	✓	Squash, Winter	Frozen, cooked	1/2 cup
✓	✓	Tomato	Fresh	1 medium
✓		Tomato Juice	Canned	1/2 cup
✓	✓	Tomato Juice	Low-sodium, unsalted or fresh	1/2 cup
✓	✓	Turnip	Raw	3/4 cup

Miscellaneous

Peanuts	30 nuts	1 oz.
Peanuts, Dry Roasted	30 nuts	1 oz.
All Bran Cereal	1/3 cup	1 oz.

High Potassium Diet

		Bran Flakes	3/4 cup	1 oz.
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		Raisin Bran	1/2 cup	1 oz.
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10-15 mEq (390-580 mg) Potassium/Serving

Vegetables

✓	✓	Artichokes	Cooked	1/2 cup
	✓	Beans	Dried, cooked	1/2 cup
✓	✓	Beet Greens	Cooked	1/2 cup
✓		Chard, Swiss	Chopped	2 cups
✓	✓	Chard, Swiss	Whole Leaves	3 cups
✓	✓	Cress, Garden	Raw	3 cups
✓		Dandelion Greens	Raw	1 cup
✓		Kale	Fresh, whole leaves	3 cups
✓		Kale	Chopped	2 cups
✓	✓	Mushrooms	Fresh	4 large or 10 small
✓	✓	Mushrooms	Sliced	1/2 cup
	✓	Potatoes	Baked or raw	1/2 cup
✓		Spinach	Raw, chopped	2 cups
✓		Spinach	Raw, whole leaves	3 cups

Fruits

✓	✓	Cantaloupe	6 in. diameter	1/4
✓	✓	Honeydew	7 in. diameter	1/8

High Potassium Diet**Meats**

Cod	Cooked (105 gms)	3 1/2 oz.
Flounder	Cooked (105 gms)	3 1/2 oz.
Halibut	Cooked (105 gms)	3 1/2 oz.
Salmon	Fresh or cooked (105 gms)	3 1/2 oz.
Scallops	Cooked (105 gms)	3 1/2 oz.

* <50 calories per serving

** <2 mEq per serving

Suggested Meal Plan

Breakfast	Lunch	Dinner
240cc Fruit Juice	240cc Fruit Juice	240cc Fruit Juice
Banana	Soup	120 gm Meat, Fish, or Poultry
Bran Flakes	120 gm Meat, Fish, or Poultry	Potato
Egg	Potato	1 Cup Vegetables
Toast	1 Cup Vegetables	Fresh Fruit
Margarine	Salad/Dressing	Bread
Milk	Fresh Fruit	Margarine
Beverage	Bread	Milk
	Margarine	Beverage
	Milk	
	Beverage	
Mid-Afternoon Snack	Evening Snack	
240cc Fruit Juice	Fresh Fruit	
	Graham Crackers	

Reference

1. Food and Nutrition Board Research Council: Recommended Dietary Allowances. Washington, D.C., National Academy of Sciences, (Current Edition).